WHAT IS CLAIMED:

1. A method of obtaining a sample of body fluid from a body, comprising the steps of:

A) applying a skin-lancing deice against the skin of a user to form an incision in the skin;

B) removing the skin-lancing device from the incision; and thereafter

C) applying a force to depress the skin in a manner forming a ring of depressed body tissue in surrounding relationship to the incision wherein a stimulating member stretches the incision open, whereby body fluid is expressed from the opening of the incision.

2. The method according to claim 1, wherein a force between the stimulating member and the skin causes the stimulating member to retain the skin in an stretched position.

3. The method according to claim 1 wherein step C includes applying the force in a direction inclined generally toward the bulged incision.

4. The method according to claim 1 wherein step C comprises applying the force progressively closer to the incision.

5. The method according to claim 1 wherein step C includes applying heat in the region of the incision.

6. The method according to claim 1 wherein step C includes applying

ultrasonic frequency to the region of the incision.

7. The method according to claim 1 wherein step A comprises lancing a region of the user's body other than a finger tip.

8. The method according to claim 1 wherein step A comprises applying a lancet against the skin.

9. A device for sampling body fluid comprising:

a housing having an open end;

a skin-lancing mechanism mounted in the housing for applying a skin-lancing medium against a skin surface to form an incision therein, and then remove the skin-lancing medium from the incision;

a constricting member mounted to the housing at the open end thereof for movement relative to the housing, the constricting member radially disposed about a longitudinal housing and pivotally attached thereto, wherein the constricting member causes the skin surface to form a bulge in response to a pressing on the housing; and

a stimulator member mounted to the housing at the open end thereof for movement relative to the housing, the stimulator member extending about a longitudinal axis of the housing the axis and adapted to engage the skin surface of the bulge and to stretch open the incision in response to a pressing of the end face against the skin surface.

10. The device according to claim 9 wherein the end face is inclined to generally face the axis.

11. The device according to claim 9 wherein the stimulator member extends continuously about the axis.

12. The device according to claim 9 wherein the stimulator member

includes circumferentially spaced interruptions.

13. The device according to claim 9 wherein the stimulator member is movable relative to the housing along the axis.

14. The device according to claim 9 wherein the stimulator member comprises a first stimulator member, and further including at least one additional stimulator member arranged in telescoping relationship to the first stimulator member, the stimulator members being relatively movable along the axis.

15. The device according to claim 14 wherein the stimulator members include first and second stimulator members which are movable relative to the housing and are interconnected to move axially in mutually opposite directions.

16. The device according to claim 15 wherein the first and second stimulator members are interconnected by levers, each lever being pivoted intermediate its ends for rotation about an axis extending orthogonally relative to the longitudinal axis of the housing.

17. The device according to Claim 13, wherein the stimulator member and the constricting member are movable relative to the housing and a interconnected to move axially in mutually opposite directions.

18. The device according to claim 9 wherein the stimulator member comprises a helical spring.

19. The device according to claim 9 further including a second stimulator chosen from the group consisting of, a heating mechanism for heating the stimulator member or constricting member, a vibrator mechanism for vibrating the stimulator member or constricting member.

20. The device according to Claim 9, wherein the constricting member comprises at least one leg pivotally mounted to the housing, and a biasing member for biasing the leg in response to a force applied to the housing.